

# Preparing for Earthquakes

**Washington is earthquake country. When the ground starts to shake, "Drop, Cover and Hold"**

## **Indoors:**

When you feel an earthquake, **DROP** and **COVER** under a desk or sturdy table. Stay away from windows, bookcases, file cabinets, heavy mirrors, hanging plants and other objects that could fall. **HOLD** onto the desk or table. If it moves, move with it. Do not run - stay where you are and "**Drop, Cover and Hold**"

## **Kitchen:**

Move away from the refrigerator, stove, and overhead cabinets. **Drop, Cover and Hold** under a table or near an inside wall. Take time **NOW** to anchor appliances and install security latches on cabinet doors to reduce earthquake hazards.

## **Outdoors:**

If you are outdoors, move to a clear area, away from trees, signs, buildings, or downed electrical wires and poles.

## **Downtown Area:**

If you are on a sidewalk near a tall building, get into a building's doorway or into the building's lobby to protect yourself from falling bricks, glass and other debris.

## **Crowded Store or Public Place:**

**DO NOT** rush for the exits. Move away from display shelves holding objects that could fall on you, and **Drop, Cover and Hold**.

**Driving:**

If you are driving, slowly pull over to the side of the road and stop. Avoid overpasses, power lines, and other hazards. Stay inside the vehicle until the shaking stops.

**Wheelchair:**

If you are in a wheelchair, stay in it. Move to safe cover if possible (this is the one time you might use a doorway), lock your wheels, and protect your head with your arms.

**Theater or Stadium:**

If you are in a theater or stadium, stay in your seat, protect your head with your arms or get under the seat if possible. Do not attempt to leave until the shaking stops.

**After the Earthquake:**

- Check yourself and those around you for injuries.
- Be prepared for aftershocks.
- Use the phone only to report a life threatening emergency.
- If you smell gas or hear a hissing sound - open a window or leave the building. Shut off the main gas valve outside.
- Try to make contact with your out-of-area phone contact and continue to monitor your radio.